

The Telegram

## 10 Mile Road Race July 22, 2018

**Achievement Certificate** 

awarded to

**Judy Sheppard** 

65-69 / 4 of 51

1:34:59 / 1:35:35

F: 418 / Race: 1205

category

time chip/time

overall positions

NLAA President: Rosemary Ryan-Forsey

Regional President The Telegram: Lizzie Cramm